

body, which is identical with that produced by dirty feet, and can be distinctly noticed if you approach within six or eight feet of the patient. Following this, severe gastric disturbances show themselves. It is rarely possible that patients can take this remedy longer than three weeks, but while they take it the effects upon the heart, the respiratory tract, and the exophthalmia are undoubted."

#### A CASE OF CEREBRO-SPINAL MENINGITIS.

Dr. J. F. Erdmann, in the same number of the "New York Med. Jour.," reports a case of cerebro-spinal meningitis with remarkable diminution of number of respirations. On the seventh day the number of respirations had fallen to four in a minute. A hypodermic of one-fiftieth grain of sulphate of atropia was administered, and within three hours the average respirations per minute were nine. They were averaging six the next day; the following day thirteen. Sulphate of atropia was the drug used to combat this symptom. Case recovered.

"Leyden attributes the diminished and Cheyne-Stokes respirations observed in the late stages of this disease to pressure upon the medulla produced by oedema, basing his opinion on the observations of Schiff after the artificial induction of haemorrhage in the vicinity of the medulla in dogs."

C. H. B.

#### ON ALIMENTARY THERAPY IN THE TREATMENT OF MENTAL DISEASES.

Lattier ("Ueber alimentäre Therapie bei Behandlung der Geisteskranken," in "Centralblatt für Nervenheilkunde, Psychiatrie und gerichtliche Psychopathologie," xii., 20, 1889) distinguishes, in the alimentation of patients suffering from mental diseases, those which are only cared for and those which are actively occupied, who need more nutritious food, which must contain a greater amount of nitrogenous constituents. The proportion for those who are only cared for he determines, according to Gasparin, 264 grammes of carbon and 12 grammes of nitrogen as sufficient; while for those patients who also work he recommends 309 grammes of carbon and 25 grammes of nitrogen.

He especially investigated the peptones. The peptonizing is caused through the action of the gastric juice and the secretion of the pancreas. The same property is possessed by *carix papaya*, which is frequently employed. In the nutrition of a man Lattier assumes 1 grm. of peptone to 1 kilogram. of the body-weight, but considers the liquid peptones superior to the dry ones, because the former are

much more readily taken. They may be prepared in bouillon or wine if they have to be given by the oesophageal sound or per rectum.

200 grms. of dry peptone may be obtained from 1 kilogram. of meat. The following formula is recommended:

Malaga, - - - - - 25 grms.

Dry peptone, - - - - - 5 "

As regards the employment of raw meat, this was given with great result in the Quatre-Mères Institution, for the last fifteen years, in the following preparation:

Raw scraped meat, - - - - - 100 grms.

Powdered sugar, - - - - - 40 "

Wine, - - - - - 20 "

Tinct. cinnam., - - - - - 5 "

The mixing is done in a mortar with addition of the liquid. A pap is formed, which is readily taken by the patient if prepared on bread like a sandwich.

Lattier attaches great importance to the use of pulverized meat, which possesses the same nutritive properties as bread with bouillon, although not the same as raw meat, as was shown by the experiments on animals. It may be administered once or several times a day, in doses from 50 grms. to 300 grms. To facilitate the ingestion and prevent the remaining of it in the mouth, the following formula is recommended:

Potato-flour (*poudre*), - - - - - 5 grms.

Pulverized meat, - - - - - 50-100 "

Water or bouillon, - - - - - 200-400 "

Salt or tinct. of cloves, - - - - q. s.

The whole mixture is boiled, with continuous stirring; the semi-fluid preparation is easily taken.

Kefir is considered superior to koumyss, because the former possesses an agreeable taste and really nutritive properties. Its preparation takes place by the action of a peculiar mushroom, which grows in the Caucasus, and which causes spirituous fermentation. It is a somewhat thick liquid, of a milk-color, and of a somewhat acid and peculiar taste. The chemical combinations of milk, kefir, and koumyss are given comparatively:

|                                     | MILK.                          | KEFIR. | KOUMYSS. |
|-------------------------------------|--------------------------------|--------|----------|
|                                     | (Sp. gr. 10.28.) (2 days old.) |        |          |
| 1st contains albuminoid constit., - | 48                             | 38     | 11.2     |
| 2d " fat, - - - - -                 | 38                             | 20     | 20.5     |
| 3d " water and salts, - -           | 873                            | 905    | 918.3    |
| 4th " alcohol, - - - - -            | —                              | 8      | 16       |
| 5th " lactic acid, - - - - -        | —                              | 9      | 11.5     |
| 6th " lactose (milk-sugar), -       | 41                             | 20     | 22       |

According to the above table, kefir contains much more albumen than koumyss, less alcohol, and has a less harsh taste. Lattier thinks that koumyss as a nutriment contains too much alcohol.

The varieties of milk set in fermentation are especially appropriate for alcohol-drinkers, as they elevate the tonic and digestive action of the milk by their containing alcohol and lactic acid. They have shown themselves to be very efficacious as medicaments and nutriments.

In the nutrition of insane patients who defy the taking of food and are to be fed through the œsophageal sound, it must be remembered that the supply should be a more abundant one than in sane patients, because the tissue-waste is a more extensive one. Lattier found this confirmed by chemical experiments, especially in patients who were suffering from melancholia activa. Hence are to be especially recommended fats, as they diminish the waste of albumen, in combination with eggs, meat, bouillon, etc. He recommends for feeding with the sound the following formula :

|                               | NITROGEN.     | CARBON.        |
|-------------------------------|---------------|----------------|
| 4 eggs, weighing 216 grms., - | 4.11 grms.    | 32.40 grms.    |
| 2 litres of milk, - - - - -   | 13.20 "       | 160 "          |
| Bordeaux wine, 215 grms., -   | 0.04 "        | 10 "           |
| Pulverized meat, - - - - -    | 3.91 "        | 14.32 "        |
|                               | <hr/> 21.26 " | <hr/> 216.72 " |

The nutrition by peptonic injections, per rectum, of those patients with whom the introduction of the œsophageal sound is impossible, is especially considered and thought very well serving the purpose. Although they cannot be continued for any length of time, they are yet of great value for a certain time. Before the application of the same an ordinary injection is recommended, to which a few drops of tinct. opii are added in order to weaken the contractions of the rectum. Lattier recommends, according to his own experience, the following formula :

|                 |   |   |   |   |                 |
|-----------------|---|---|---|---|-----------------|
| Dry peptone,    | - | - | - | - | 3 teaspoonfuls. |
| Yolk of egg,    | - | - | - | - | 1.              |
| Milk,           | - | - | - | - | 125 grms.       |
| Tinct. opii,    | - | - | - | - | 5 drops.        |
| Pulver. amidon. | - | - | - | - | 5 grms.         |

The addition of amidon is said to render it more easily  
P. and P. (Boston).